

Best Practices Guideline:
BASIC PROVISION SCHEDULE
Specific Requirements for
Residential Care Home for the Elderly (RCHE)

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Residential Care Home for the Elderly (RCHE)**

Item	Description
1. Height Limit	RCHE including any part of it, must not be situated at a height more than 24m above the street level, measuring vertically from the street level to the floor of the premises in which the RCHE is or is to be situated. If the RCHE is located in a building served by two streets / roads at different levels, the height of the RCHE is to be measured from the level of the lower street / road.
2. Ceiling Height	The finished ceiling (i.e. the finished ceiling structure or suspended false ceiling) of every room must be situated at a height not less than 2.5m measuring vertically from the finished floor or not less than 2.3m measuring vertically from the finished floor to the underside of any finished beam.
3. Access	At the main entrance of RCHE, a lockable entrance door shall be provided. If the entrance is used as an exit route, the locking device shall be a type which is capable of being readily opened from the inside without the use of a key. Security door with magnetic door locks to be provided between the RCHE and lift lobby of common lift shared with other occupants.
4. Means of Escape	All exit doors shall be provided with panic bolts and local alarms to avoid unauthorized access.
5. Kitchen Design	Builder's work provisions for hydro-vent exhaust system. Refer to Appendix A (for reference only) – 'Laundry and Kitchen Equipment for RCHE' regarding design requirements of basic provisions for kitchen equipment. Exhaust and fresh air intakes at external wall and windows shall be provided and completed with louvres, fans and hoods to facilitate pipes and ducts connections.
6. Laundry Design	Refer to Appendix A (for reference only) – 'Laundry and Kitchen Equipment for RCHE' regarding design requirements of basic provisions for laundry equipment. Space provision for laundry equipment with the following required size of concrete plinths (all 150mm thick) : <ul style="list-style-type: none"> • 1,100mm(W) x 1,300mm(D) for 23 kg washer-extractor. (2 nos.) • 1,000mm(W) x 1,000mm(D) for 22 kg hydro-extractor. (1 no.)

	<ul style="list-style-type: none"> • 1,000mm(W) x 1,000mm(D) for 13 kg tumble dryer. (1 no.) <p>Exhaust: one 200mmØ opening for each tumble-dryer.</p> <p>Drain: 80mmØ drain connection for each washer-extractor and hydro-extractor.</p> <p>Exhaust and fresh air intakes at external wall and windows shall be provided and completed with louvres, fans and hoods to facilitate pipes and ducts connections.</p>
7. Fresh Water Supply System	<p>2 nos. of water meters (one for general use and one for hydro-vent system). 65mmØ main water pipe. 20mmØ separate water supply for hydro-vent make-up tank.</p>
8. Flush Water Supply System	<p>50 mm Ø main water pipe.</p>
9. Drainage System	<p>Attached toilets/ shower of Dormitory 2 nos. of floor drains/ surface channel shall be provided.</p> <p>Kitchen 2 nos. of floor drains/ surface channel shall be provided. A grease trap for kitchen drainage.</p> <p>Laundry 2 nos. of floor drains. 1 no. of sink.</p> <p>Cleaner's Room 1 no. of floor drain. 1 no. of mop sink.</p>
10. Lift	<p>If the RCHE is located on a different floor as the vehicular access or the RCHE occupies more than one floor, a lift suitable for a stretcher bed which measures 2,050mm x 560mm shall be provided for the exclusive use of the RCHE to reach the vehicular access.</p> <p>In addition, each floor of the RCHE shall have direct access to other lift to allow temporary use in case the lift for exclusive use is out of service. The shared lifts which provide access to the RCHE shall be controlled by key if they open directly into the RCHE or shall open into a lift lobby with security lock to control public access to the RCHE.</p> <p>If the number of floors served by the exclusive lift is three or above, directional collective control shall be adopted. In addition, a key-operated manual over-ride switch shall be provided inside the lift car such that the operator can gain control of the lift.</p>
11. Dumb Waiter	<p>Provision for future installation of a dumbwaiter is required if the dining rooms are located on a different floor from the kitchen. The dumbwaiter shall be suitable to accommodate one food trolley of size 800mm x 950mm x 1,100mm.</p>

	<p>Floor openings, shaft enclosure and machine room for the dumbwaiter shall be provided as per the followings :</p> <ul style="list-style-type: none"> • Dumbwaiter loading: 200 kg. • Internal dimension of dumbwaiter car : 1,000mm (W) x 1,000mm (D) x 1,200mm (H) <p>Temporary enclosure to all shaft openings shall be provided.</p>
<p>12. Main Electricity Supply</p>	<p>Main switch / cubicle switchboard shall be provided at an independent switch room solely for the RCHE within the premises.</p> <p>Minimum electricity supply loading (380V, 50Hz) if electrical instantaneous water heaters are provided for dormitory showers:</p> <ul style="list-style-type: none"> • 1100A, 3 phase (for 100 persons) • 1600A, 3 phase (for 150 persons) • 2000A, 3 phase (for 200 persons) • 2500A, 3 phase (for 250 persons) <p>The above provisions to be adjusted for homes of different capacity and combination of gas and electrical water heaters.</p> <p>The supply loading has included the provision of air-conditioning for the entire RCHE.</p> <p>The calculation is based on the following assumptions :</p> <ul style="list-style-type: none"> - 5 persons per heater (average). - Air-conditioning for the entire home. - 18 kW instantaneous electric water heaters. - 0.8 diversity factor for the power consumption.
<p>13. Town Gas Supply</p>	<p>Gas supply main and distribution pipes for the RCHE shall be provided.</p> <p>Gas supply main shall be plugged and terminated at meter location within the RCHE.</p> <p>Gas distribution pipes shall be provided from gas meter position to each room / area where gas appliances are installed. Such gas distribution pipes shall be plugged and terminated with valves at high level of the entry point of each room / area.</p> <p>Minimum town gas requirement for water heaters for showers :</p> <ul style="list-style-type: none"> • 375 kW (for 100 persons). • 570 kW (for 150 persons).

	<ul style="list-style-type: none"> • 750 kW (for 200 persons). • 950 kW (for 250 persons). <p>Minimum town gas requirement for kitchen equipment :</p> <ul style="list-style-type: none"> • 185kW (for 100 persons). • 240kW (for 150 persons). • 300kW (for 200 persons). • 360kW (for 250 persons). <p>Minimum town gas requirement for laundry equipment :</p> <ul style="list-style-type: none"> • 66 kW (for 100 persons). • 75 kW (for 150 persons). • 85 kW (for 200 persons). • 120 kW (for 250 persons). <p>The above loading is based on the provision of instantaneous type gas water heater for all dormitory shower rooms. Adjustment shall be made for RCHE of different sizes and combination of electricity and gas water heaters.</p>
<p>14. Fire Services Installations</p>	<p>Master FS panel for RCHE shall be provided at the main entrance of the premises by the Operator.</p> <p>Independent direct link for the premises will be applied by the Operator in the future.</p> <p>AFA alarm bells shall be provided by the Operator at the FS Control Room for easy identification by the FSD.</p> <p>The Operator shall only provide all necessary conduit / trunking system connecting the RCHE and the FS Control Room. The conduit / trunking shall be terminated with adaptable boxes at high level of the main entrance of the RCHE. Exact location and sizes of these terminating adaptable boxes to be agreed on a project basis.</p> <p>The Operator shall carry out the subsequent work for the purpose of licensing.</p>
<p>15. Ventilation and Air Conditioning</p>	<p>Additional space, structural openings to install room coolers or split type units in areas where provision of air conditioning shall be allowed. Those areas include dormitories and all function rooms such as common rooms, multi-purpose rooms, dining rooms, activity rooms, training rooms, etc. Condensation drain connections shall be provided for room coolers and outdoor unit of split-type air-conditioners. The provision of adequate nett free area of louvres in designated positions for the accommodation of Fresh Air Intake and Exhaust (kitchen & toilet facilities).</p>

	External and / or perimeter walls openings (completed with louvres and hoods for the future connection of ventilation ducts / fans) shall be provided for mechanical ventilation or air conditioning areas.
16. Connection for CABD / BRI	<p>A source of CABD / BRI system shall be provided in the TBE room / meter room near the RCHE. Conduit / trunking system and accessories shall be provided from the TBE room / meter room to each floor within the RCHE.</p> <p>Capacity of conduit/ trunking system provided by the Operator shall be adequate for cabling of the following number of points.</p> <ul style="list-style-type: none"> • 7 (for 100 persons). • 10 (for 150 persons). • 14 (for 200 persons). • 17 (for 250 persons). <p>The above provisions to be adjusted for RCHE of different capacity.</p>
17. Connection for Telephone / Fax Line	<p>Conduit / trunking system and accessories shall be provided from the TBE room / meter room to each floor within the RCHE.</p> <p>Capacity of conduit/ trunking system provided by the Operator shall be adequate for cabling of the following number of points.</p> <ul style="list-style-type: none"> • 18 (for 100 persons). • 23 (for 150 persons). • 26 (for 200 persons). • 30 (for 250 persons). <p>The above provisions to be adjusted for RCHE of different capacity.</p>
18. Lightning Protection	Lightning protection system shall be provided for the building.

Remarks:

The provision shall allow flexibility for the Welfare Operator to have free choice in using any fuel type instantaneous water heaters and catering equipment.

Appendix A
(for reference only)

Laundry and Kitchen Equipment for RCHE included in Fitting-out Work

A. Laundry Equipment

	100 persons	150 persons (n/a for this project)	200 persons (n/a for this project)	250 persons (n/a for this project)
Washer-extractor	2 nos. 23 kg.	2 nos. 23 kg. 1 no. 10 kg.	3 nos. 23kg.	3 no. 32kg. 1 no. 10 kg.
Tumble-dryer	2 nos. 13 kg.	1 no. 22 kg. 1 no. 13 kg.	2 nos. 22 kg.	2 nos. 22 kg. 1 no. 13 kg.
Hydro-extractor	1 no. 22 kg.	1 no. 22 kg.	1 no. 22 kg. 1 no. 12 kg.	2 nos. 22 kg.

B. Kitchen Equipment

	100 persons	150 persons (n/a for this project)	200 persons (n/a for this project)	250 persons (n/a for this project)
Chinese Cooking Range (or Chinese Induction Wok Station)	1 no. Wok 600mm dia. @60kW	2 nos. Woks 600mm dia. @60kW	2 nos. Woks 600mm dia. @60kW	3 nos. Woks 600mm dia. @60kW
Chinese Food Steamer (or Chinese Electric Food Steamer)	1 no. Single Unit, 60kW	1 no. Single Unit, 60kW	1 no. Double Unit, 120kW	1 no. Double Unit, 120kW
Stock Pot Stove (or Electric Stock Pot Stove)	1 no.	1 no.	1 no.	1 no.
4-ring Open Flame Stove (or Induction 4 head Range)	1 no.	1 no.	1 no.	1 no.
Upright Vegetable Refrigerator	1 no. 400 lit. approx.	1 no. 600 lit. approx.	1 no. 800 lit. approx.	1 no. 1000 lit. approx.

Upright Meat Freezer	1 no. 400 lit. approx.	1 no. 600 lit. approx.	1 no. 800 lit. approx.	1 no. 1000 lit. approx.
Gas or Electric Water Heater for Sink	1 no.	1 no.	1 no.	1 no.
Dish Washer	-	-	1 no.	1 no.
Hot Water Boiler	1 no.	1 no.	1 no.	1 no.
Gas or Electric Rice Cooker (9 lit.)	2 nos.	2 nos.	2 nos.	2 nos.
Insect Killer	To suit area	To suit area	To suit area	To suit area
Bain Marie	-	-	1 no.	1 no.
Hand Dryer	1 no.	1 no.	1 no.	1 no.